

Walk for your Health Information and Schedule



- All walks start at 9:00 AM.
- Register at any of the first 3 walks.
- Fill out mile sheet weekly to keep track of miles walked!
- AARP will be tabling two walks in May and June!

2022 Spring Schedule

Mon	18-Apr	Livingston Park	Mon	23-May	Memorial High School
Wed	20-Apr	West Side Ice Arena	Wed	25-May	Nutts Pond
Fri	22-Apr	Prout Park	Fri	27-May	Massabesic Ball Park
Mon	25-Apr	Stark Park	Mon	30-May	Brookside Church
Wed	27-Apr	Pine Grove Cemetery	Wed	1-June	Pine Grove Cemetery
Fri	29-Apr	Man/Goffstown	Fri	3-June	Livingston Park
Mon	2-May	Cullerot Park	Mon	6-June	Man/Goffstown
Wed	4-May	Camp Carpenter	Wed	8-June	Prout Park
Fri	6-May	Livingston Park	Fri	10-June	Stark Park
Mon	9-May	Memorial High School	Mon	13-June	River Walk
Wed	11-May	Lake Massabesic	Wed	15-June	Brookside Church
Fri	13-May	Nutts Pond	Fri	17-June	Lake Massabesic
Mon	16-May	West Side Ice Arena	Mon	20-June	Cullerot Park
Wed	18-May	Stark Park	Wed	22-June	Man/Goffstown
Fri	20-May	Rockingham Trail	Fri	24-June	West Side Ice Arena

Dogs are prohibited



Contact Information

Manchester Parks and Recreation:

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